

School Nutrition News

A Newsletter from the Wisconsin Department of Public Instruction, Division of Finance and Management

Vol. 1 No. 1

Winter 2008-2009

A Breakfast Challenge for Every School in Wisconsin

While Wisconsin schools have made great strides in increasing breakfast participation, we remain second to last in the nation in the number of schools who offer breakfast. In an effort to increase breakfast participation, State Superintendent Elizabeth Burmaster is issuing a School Breakfast Challenge. Together, the Wisconsin Department of Public Instruction and the University of Wisconsin-Extension are challenging all schools to either implement a School Breakfast Program (SBP) if they currently do not offer one or increase school breakfast participation by 50% in existing school breakfast buildings.

Every district and private school will automatically be entered into the challenge. Increased participation will be measured by comparing the SBP Average Daily Participation (ADP) for the 2007-2008 school year to that of the 2008-2009 school year. If a district or private school did not have a SBP in 2007-2008, a baseline benchmark of 20% will be used. The six districts or private schools with the largest increase in breakfast participation will be recognized in the fall of 2009.

We hope that you accept this challenge to ensure that Wisconsin students start their day with a nutritious meal. For successful breakfast delivery models, effective marketing and promotional strategies and other resources visit:

<http://www.dpi.wi.gov/fns/brkchlng.html>

Commodity Training 24/7

Have you taken advantage of ordering surplus commodities? Do you know where to find your Commodity Allocation Receipt Summary (CARS) report? Are you new to ordering commodities and need help? Now available to you are 5 new webcasts to walk you through commodity administration including:

- CARS Report Access
- SFA Summary and Delivery Location Forms Submission
- Orders Tab Instructions
- Allocation Tab Instructions
- Surplus Request Instructions

To view any of these webcasts go to:

<http://www.dpi.wi.gov/fns/sntwebcasts.html>

Access for All

Please consider informing your community about www.access.wisconsin.gov, a Wisconsin Department of Health Services (DHS) website. ACCESS is an internet tool. It can help individuals see if they or a family member might be eligible to receive benefits, such as: Food Share; Medicaid; Badger Care Plus; Senior Care; WIC – Special Supplemental Nutrition Program for Women, Infants and Children; Free/Reduced-Price School Meals; Summer Food Service Program; Emergency Food Assistance Program (TEFAP) and tax credits.

This private and secure website is a how-to guide for Wisconsin residents who may need to access support services, but are not sure where to go or how to begin. When they are done answering the questions, ACCESS will let them know if they or other people in the household may be eligible for these Wisconsin and/or federal programs. ACCESS will let them know how/where to continue.

Together let us make sure all of our needy children are getting the help they are qualified to receive.

School Garden Takes Off

Carl Welke, Food Service Director at the Weston School District, was mowing the grass of the school grounds when he came up with the idea of turning grass into a garden. They now harvest corn, watermelon, pumpkins and apples for use in school nutrition programs. The excitement is spreading and everyone wants in on the action so teachers are now using rain gutters to grow lettuce in their classrooms! Students are more apt to eat what they grow and help harvest so this is a winning situation for everybody.



Carl and staff are pictured harvesting their first corn crop.

Green Moment

School food service generates over 45% of the total waste stream of any school.



Food Safety Plan – Frequently Asked Questions

Question Number 3 of 3

How can I simplify the food safety plan?

Here are some ways to reduce the critical control points and critical control measures in a food service operation:

1. Change ingredients and food preparation procedures to move as many items as possible from process 3 to process 2. A specific example is replacing ground beef with fully cooked beef crumbles.
2. Implement batch food preparation so that items are prepared as close to serving time as possible. No temperature monitoring is needed if heated vegetables and fully cooked products are heated and immediately served.
3. Minimize use of leftovers.
4. Developing cooling procedures for items in process 3 based on cooling study.



Fresh Fruit and Vegetable Program (FFVP) Update

“Kiwi Cups,” a kiwi cut in half and eaten by scooping out the inside with a spoon, is how students in Green Bay got to try the exotic fruit during one of their FFVP snack times. Many of the students had never seen a kiwi before, and they all LOVED IT!!! Excitement about and acceptance of new fruits and vegetables are a few of the many positive outcomes we are hearing about the program. The FFVP continues to provide students with a nutritious snack and the opportunity to try new fruits and vegetables.

As the program continues throughout the school year, Moryah Becker and Linda Handel, FFVP Coordinators, will be visiting select schools to see the program in action and observe students as they enjoy a fruit or vegetable snack. If you would like your school to be visited, please contact Moryah (608-266-1924) or Linda (608-266-2741). Highlights from the visit will be showcased on the FFVP website in the upcoming website section “What’s Happening at FFVP Schools.” Moryah and Linda will also be including other success stories from FFVP

schools so please contact them with anything you would like to share!

Applications for the 2009-2010 Fresh Fruit and Vegetable Program will be available in late February or early March. Please watch for a mailing in February for information on how your elementary school can apply. To be selected for the FFVP, your school must:

- Be an elementary school (or have the ability to separate out elementary students in a K-12 school program)
- Operate the National School Lunch Program
- Have fifty percent or more of students eligible for free/reduced price meals
- Complete an application for participation, which includes a narrative about how the program will be organized and operated

For more details watch the FFVP webpage at:

<http://www.dpi.wi.gov/fns/ffvp.html>

New AmeriCorps Program Expands WI Farm To School Efforts



Farm to School in Wisconsin received a boost of new energy this school year in the form of a Farm to School AmeriCorps Program. Ten school sites across the state are each sponsoring two AmeriCorps members who have committed to serve ½-time for a full year. The AmeriCorps members are working to help establish relationships between schools and local producers and inspiring K-12 students to eat more fruits and vegetables through food and nutrition lessons. A link to a map showing the locations and contacts for each of the AmeriCorps sites can be found on Wisconsin Homegrown Lunch’s homepage, www.reapfoodgroup.org/farmtoschool.

This talented and energetic crew of people has already instituted ‘Harvest of the Month’ programs, led apple and spinach tastings in lunchrooms, and turned elementary students on to kohlrabi sticks and squash soup in the classroom. Lots of new education ideas and local farm contacts will be coming out of this year’s work and we hope will continue into the future.

The Farm-to-School AmeriCorps program is the result of a unique collaboration between WI Department of Agriculture, Trade, and Consumer Protection, WI Department of Public Instruction, WI Department of Health and Family Services, REAP Food Group, UW-Madison Center for Integrated Agricultural Systems, and WI Rural Partners. Questions can be directed to Camilla Vargas, Farm-to-School Program Manager, 608-262-5202, Camilla.Vargas@wisconsin.gov.

Submitted by Doug Wubben, WHL Coordinator,
dwubben@wisc.edu, 608-310-7833.



Meet Your DPI Team

David Dees Named Interim Director

Rich Mortensen retired this past November and David C. Dees, MBA, Director of the Community Nutrition Team has been appointed our interim director. David has been with DPI for 34 years starting out as a Nutrition Programs Consultant and has directed the Community Team for 8 years. Welcome to the School Nutrition Team, David!



David and faithful companion Radar

- Birthplace: Cedar Grove, WI
- Most surprising past job: US Navy electrician on a diesel-electric submarine which was built in the early 1940's (USS Corporal SS396). Yes, the sub did leak whenever we were submerged below 400 feet!
- Hobby: Musky fishing, investing
- Favorite Part of Job: The people here at DPI are all so very dedicated and talented. Their work sometimes takes my breath away! They are like family to me.
- Favorite School Lunch: Hamburgers with pickles and raw onions and, of course, French fries with ketchup. I know this is probably not the most healthful choice (I should probably say some type of salad), but I'm telling the truth here.
- Book/Magazine at bedside: The monthly American Association of Individual Investors magazine. You need to really like mathematics to enjoy this as bedtime reading.

Special Diet Pop Quiz



A child for whom a gluten-free diet has been prescribed cannot have the following (choose all that apply):

- a. Beef barley soup
- b. Corn tortilla
- c. Rice cake
- d. Rye bread

For answer see back cover.



Kathy Bass, SNS, RS
Nutrition Program
Consultant

- Birthplace: Fond du Lac, Wisconsin
- Most surprising past job: Standing at a conveyor belt at a canning factory sorting fresh peas and corn during the summers while in high school. Any worms found during the sorting were stashed away in a pocket and turned in at the end of the shift for a 5-cent bonus.
- Hobby/Interests: Men's Badger Basketball, crossword puzzles, Sudoku and kickboxing
- Favorite Part of Job: Interacting with school food service professionals who taught me everything I know about school food service
- Favorite School Lunch: I like everything!
- Book/Magazine at bedside: One Mississippi by Mark Childress and East of Eden by John Steinbeck



Lynne Slack
Commodity Contract
Specialist

- Birthplace: Dodgeville, WI
- Most surprising past job: Corn detasseling in high school
- Hobby: Reading, spending time with my family
- Favorite School Lunch: Homemade pizza
- Book/Magazine at bedside: "New Moon" by Stephenie Meyer

Recognition at Retirement

Do you know a school nutrition employee retiring this year? The Department of Public Instruction – School Nutrition Team would like to recognize him/her for their many years of dedication and commitment to the health and nutritional well-being of the students they serve.

To complete and submit a Request for a Certificate of Appreciation please go to our website at:

www.dpi.wi.gov/fns



If Burger King Can Do It, So Can We!



In November Burger King (BK) announced that they would be cutting the amount of sodium in their kids' meals to less than 600 mg in an effort to improve childhood nutrition. BK has set new nutrition standards and is promoting these healthy meal combinations.

Sodium does play an essential role in regulating fluids and blood pressure in the body. However, high intake of sodium has been associated with high blood pressure which can lead to heart troubles. Sodium and sodium chloride (salt) occur naturally in foods in small amounts. Processed foods often contain large amounts. The 2005 Dietary Guidelines for Americans recommends no more than 2300 mg of sodium to be consumed per day. If equally divided by three meals (breakfast, lunch and dinner), each meal should average <800 mg of sodium. Knowing this average is challenging to meet, DPI's School Nutrition team has set a target of 1300 mg for school lunch menus.

When writing menus sodium content is one of the considerations you will need to plan for in addition to overall nutrient content, time and labor. Continue to look for ways to cut out added salt and purchase products low in sodium. The sodium target is possible for you to obtain. To learn more check out our website at www.dpi.wi.gov/fns/nutrition.

Division for Finance & Management

DPI Toll-Free Helpline..... (800) 441-4563

Fax (608) 267-0363

Home Page

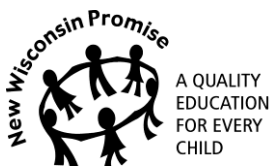
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SNT Directory

<http://www.dpi.wi.gov/fns/directory.html>

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Wisconsin Department of Public Instruction

Cafeteria to Classroom

Connecting the curriculum between the classroom and cafeteria helps children make a nutritious connection to learning. The cafeteria is a natural learning lab for your school. Does your menu reflect what is learned in the classroom?

To bring nutrition to life in your schools why not try celebrating a fruit or vegetable of the month. Be creative and plan activities with the librarian, art teacher and classroom teachers. Pick a fruit or vegetable to highlight each month on your menu. The local grocery store may also want to be involved. Interconnections will be made when classroom activities include the fruit/vegetable of the month in stories, art projects (stampings, still life drawings, collages), tastings and home exposure.

Also to assist you the Dairy Council has developed the Nutrition Expeditions and Bridges to Wellness™ lessons to help make the classroom to cafeteria connection. For more information, visit http://www.nutritionexplorations.org/sfs/cafeteria_classroom_ways.asp.

Small Victories Update

The recent Small Victories training sessions titled Production, Sanitation, and Direct Certification were very successful with a record number of attendees. A huge thank you goes out to our host schools: Cashton, Chilton, Iowa-Grant, Jefferson, Laona, Loyal, Spooner, and Tri-County who so graciously provided use of their facilities as well as excellent meals to participants. If you would like to serve as a Small Victories host school or have suggestions for Small Victories training topics please email loriann.knapton@dpi.wi.gov or call 608-266-1046. Watch for a new Small Victories training opportunity next spring and please consider joining us. We look forward to meeting you!

Special Diet Pop Quiz Answer

Correct answers: a and d

For more information regarding special dietary accommodations, please view our webcasts posted at <http://www.dpi.wi.gov/fns/sntwebcasts.html>.



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